

Price Fitness Center Exercise Classes

	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
Spinning \$2/lunch time class \$3/pm class or \$25/10 classes	1800- 1900	12:15- 12:45 1800- 1900	1800- 1900	12:15- 12:45 1800- 1900			
Boxing \$75/month	0500- 0630 1830- 2030	0500- 0630	0500- 0630 1830- 2030	0500- 0630	0500- 0630 1830- 2030		

Description of Classes

Spinning – A great Cardio workout on a stationary bike to fun and upbeat music. The pm class includes about 45 minutes of bike riding then about 15 minutes of ab work. The lunch time class is designed to get you in and out on your lunch hour. Leave feeling energized and ready to finish up your work day!!

Boxing – Get coached in the sport of boxing! Contact Clarence Edwards at 831-901-4926

Physical Therapy Office

For Physical Therapy Appointments call Scott or Hugh at 242-6923 Located on 2nd floor at Price Fitness Center.

Personal Training now available at The Price Fitness Center

Bruce Tuttle 772-626-4900
Marty Ozaeta 831-869-5348
Melissa Buckel 831-521-6959

Price Fitness Center Yearly Activities and Tournaments

Activity	Date	Entry Fee
Racquetball Tournaments	May 17, 2008	\$20.00
	June 21, 2008	\$20.00
	July 19, 2008	\$20.00
	Aug. 6, 2008	\$20.00
	Aug. 23, 2008	\$20.00
	Sept. 6, 2008	\$20.00
	Oct. 4, 2008	\$20.00
	Nov. 1, 2008	\$20.00
Volleyball Tournaments	Oct. 15, 2008	\$100 per team
	Oct. 15, 2008 (women)	\$100 per team
	Oct. 18, 2008	\$100 per team
	Nov. 15, 2008	\$100 per team
Basketball	Mar. 8, 2008	\$100 Per team
5k and 10k Runs All services, DoD and family members welcome	Mar. 22, 2008 Jun. 28, 2008 Sept. 20, 2008	\$20.00/ Adult \$10.00/ under 18
Pre-Season Softball Tournaments	April 5, 2008	Intramural teams only
	April 5, 2008	Women/D
Softball Tournaments	April 17, 2008	\$100.00 per team
Soccer Tournaments	Aug. 9, 2008	\$100.00 per team
	Aug. 13, 2008	\$100.00 per team
Flag Football	July 12, 2008	\$100.00 per team

Intramural Sports

Softball	April 11, 2008
Flag Football	July 14, 2008
Soccer	Aug. 20, 2008
Volleyball	Oct. 1, 2008